Antihypertensive Peptides from Fermented Milk in Rats. By Miguel et al., page 3352.
Different peptides with antihypertensive activity have been isolated from milk fermented with Enterococcus faecalis. The peptide sequence LHLPLP, in particular, showed good antihypertensive potency in rats. These peptides may act as angiotensin I-converting enzyme inhibitors, which decrease the amount of the potent vasopressor octapeptide, angiotensin II. This study suggests that E. faecalis-fermented milk may be used as a functional food in the nonpharmacological treatment of hypertension, although clinical studies to demonstrate the efficiency and safety of these peptides will be needed.